



YogaFit Retreats are family run, based in the north-east of Ibiza and designed to provide a safe, nurturing and fun environment to experience new ways of moving your body and feeding your mind.

Welcome to Ibiza our magical healing island home.

Our guests and teachers can all feel the healing power of this tiny island in the middle of the Mediterranean Sea.

Here are some of the reasons why... did you know?

- $\cdot \textbf{The island is largely made of quartz crystal.}$
- ·The air quality is some of the best in the world.
- •The stats show that the sun shines more in Ibiza than any of the other Balearic Islands.

- •There is an abundance of natural salt here, check out the salt mountains as you fly in or out of the island, offering therapeutic, stress reducing benefits.
- •The underwater reservoirs keep the island green and lush all year round.
- •Some of the nature here is a UNESCO world heritage site. Our pine, olive, carob, fig and almond trees grow in abundance.
- •The magnificent rock Es Vedra is said to be the third most magnetic spot on the planet, and holds the most masculine energy here on the island.

·And in contrast the sacred Tanit cave here in the north, just a few miles from the hotel holds the most feminine energy.

These are just some of the reasons that contribute to why spending time here on this island is pure healing magic. Close your eyes and take a deep breath... can you feel it too?

Our fabulous host hotel, Invisa Cala Blanca, are up-to-date with the current legislation for Covid and will be following the protocols required. We are grateful for the enormous grounds here, giving us the space to design a program where we can spread out and breathe deeply.

We have a wonderfully varied timetable for you to create your perfect retreat, whether you want to join every class or enjoy a relaxed break. We recommend no more than 3 physical classes a day to avoid burn out.

Extra activities and treatments can be booked at the YogaFit desk.

Meal Times:

Breakfast 08.00 - 10.30 Lunch 13.00 - 14.30 Dinner 18.30 - 21.30

With love,

Antonia, Ken, Lindsay & the whole team







Lindsay Jay Organiser I Host

Lindsay is an international presenter specializing in yoga, dance, meditation, breathwork and trauma release. She is the Co-creator of Flour dance meditation. Her dreams have come true creating these magical retreats with her family.



Ken Johnston Organiser I Host

and happy! He has a stong passion for sports, fitness and and free spirit shines when she also takes care of our media stuff. teaches yoga and dance fitness.



Antonia Johnston Organiser I Host

Ken makes everyone feel welcome Antonia's background is in dance and her light-hearted, fun



Amy Aloia

Amy combines different styles of yoga in her classes, focusing mainly on Vinyasa and Hatha, with an emphasis on physicality and a sense of fun throughout.



Joe Houze

peace and joy.

Joe is a yoga teacher, yoga and meditation therapist teacher. At YogaFit, Joe will be teaching power vinyasa classes, yoga for anxiety workshops and meditations. His mission is to provide yoga practices that are grounded in science, full of heart, and help us feel a little more



Lisa Cuerden

A well-known fitness presenter teaching at many of the big UK fitness events. Lisa says "yoga truly has changed my life for the better and I am loving this iourney".

Lisa is available for 1-1 youa sessions. Book via whatsapp: +44 7887 533811



Rachel Holmes

Rachel Holmes is a creator of the Kick Start Health and Wellness Franchise, Fitness Pilates and The Brainfit Workout. She is a true fitness entrepreneur.



Joe Hunt

Fitness instructor and PT, my focus is to help everyone from every walk of life develop stronger movement patterns, develop a healthy relationship with their body and have a better quality of life.



Mike Bines

Mike has now been in the health and fitness industry for 20 years plus. He is known for his ability to make classes fun and educational. Mike has been presenting yoga and fitness internationally for over 5 years now and is the founder of MBPTS online home studio. Mike specialises in mental health and exercise and has recently been training to deliver this type of course.



Jayne Nicholls

Multi award-winning owner and director of GXT, Jayne commands a unique position in voga and fitness. Never content to follow conventional methods, her passion for original thinking is the foundation for the Freestyle Yoaa brand.



Nuno Azevedo

Nuno has been involved with dance, fitness and yoga most of his life. In his classes, he combines passion for anatomy, breathwork and meditation bringing humour and lightness for more self-awareness and arounding.



Faye Edwards

Fave Edwards, celebrity trainer, founder of F.I.T concepts including F.I.T Jam and F.I.T Combat, international fitness presenter and Master Trainer at Johnson Digital. Faye is renowned for her high energy and positive influence in the fitness space.





Alex Sikiniotis

With a wealth of experience and over 20 years in the Health and Fitness industry our 'Fitness Mama', nutritionist and Personal Trainer is passionate about helping empower people through movement, mindfulness and connection to step into the best your inner child! version of themselves.



Charlotte Chazel

Charlotte Chazel, founder of The Showdance Experience. Specializina in all thinas theatrical fabulous! and Choreographer and silent disco entertainer, helping you to dance yourself happy and unleash



Rachel Davis

Founder of LaLa Tigers, TEDx Speaker. NLP Practitioner. Hypnotherapist, Transformation Coach and Creator of the 'Raise a Tiger' Programme. Rachel helps parents reclaim their souls & raise unholehearted children unho love trust & believe in themselves with music.



Jason Kashoumeri

Blending the gap between mindset and movement with holistic workshops & classes to movement, dance and fitness classes. He will also be sharing some aqua fit classes.



Sara Fakih

Creatrix of Sambaddha Sara is a Yoaa & Movement teacher. Embodiment & Somatic coach, Sound practitioner, Empowerment quide, Freedom explorer & Medicine woman. She firmly believes in helping others to become more connected to the and FEEL amazina. wisdom of their bodies.



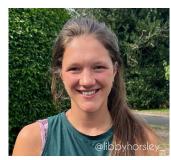
Sharnelle Guest

Sharnelle would love everyone to feel confident in their bodies and love themselves from the inside out. Through Body & Mindset Coaching, Yoga and Meditation, she will help you to connect to your body, create a happy mind



Maadalena Gladstone

I am a Kundalini Yoga, Breathwork and Meditation teacher, as well as a spiritual coach with a background in the corporate and transformative benefits. transition into my authenticity.



Libby Horsley

Libby believes in making fitness accessible to all - you don't need to spend hours in a gym to work up a sweat and feel the



Dymphi Peeters

Dymphi is a musical channel that bridges this world and other dimensions by channeling light codes and activations through music and sounds with the aim of bringing people home. As a coach she help people free their voices and work on their personal development with the voice and body as tools to connect better to the soul



Nirai Naik

Nirai is known internationally as The Renegade Pharmacist and founder of SOMA Breath - the alobal breathwork and wellness movement taking the world from an 'incurable' autoimmune helping others through SOMA Breath.



Georgie King

As a Psychosomatic, Behavioural and Nutritional Therapist, Georgie works with women and girls ages 12+ guiding them to understand the unique language of their by storm. Having cured himself body and emotions to heal. Her main goal is to instil in you the disease, he is dedicated to esteem to know yourself better than any professional could!



Nathan Burrouahs

Co-creator of Flow Dance Meditation. Nathan uses his DJing and music to let the mind and body transcend into a state of bliss. His sets use varied tempos. rhythms and melodic moods to support meditation to help you connect to the river of energy flowing within you.



laor Vokian The Way of the heart Ecstatic Dance di Reiki Master and holistic health lover. His profound organic music will take you to the journey all

around the world.



Pablo

Pablo has been learning the art of massage for many years. He is trained in different techniques such as Swedish, deep tissue, ice therapy and Hof's method is trigaer points and lomi lomi and continues his education in order to offer the best possible massae helping people. for his clients.

Contact by whatsapp on: +34 659 833 412



Suzanne Boersma lce therapy

Suzanne is a certified Wim Hof Method instructor, Her passion for born from personal experience. She has a beautiful energy for

Contact by whatsapp on: +34 600 74 08 09



Siobhain Archer

Dance fitness and Zumba instructor offering fun, feel-good workouts that are suitable for all & perfect for beginners. Get your aroove on and dance yourself fit in this fusion of dance and aerobics, augranteed to get your heart pumping and put a smile on your face.



Melchior Quantum healing

Melchior combines his hippy childhood and professional football career with 17 years of studying energy balancing modalities, coachina, numeroloay and intuition to create a 'quantum metaphysical' re-set.

Contact by whatsapp on: +34 638 32 61 39



Moraana

Moraana has a background as a dancer womb healer. Holistic and Water and Ovarian Breathing therapist & Doula. As a therapist, she specialises in womb healina, sexual trauma release and everything related to sexual health and pleasure.

Contact by whatsapp on: +34 699 84 31 27



James Kinahorn

Lovina life and all aifts from mother nature. James strives to embrace and show gratitude for these gifts.

motivated and free

In nature he's connected.



Cateleyne Tettero Massage & Cuppina

Cat's treatments are auided by synchronicity and focused on liberation of our highly natural Outdoors makes him feel alive, healing ability by attending and releasing obstructive matter held within the physical system, Fusion of connective tissue and dynamic cupping massage infused with holistic interaction/intervention.

> Contact by whatsapp on: +34 618 60 78 74



Jessica Christensen

Jessica is an education specialist in holistic training for sports and fitness, with over 12 years in the industry working as a trainer, educator, and consultant. She brings her studies of physiology. functional training, sports science, wellness, human evolution and optimised performance into a unified vision of an inclusive and FUNctional approach to training!



Jade Goodina

Jade auides mothers to a arounded, balanced centred space within themselves, allowing them to grow alongside their children. She further supports this with an armoury of conscious parenting tools to ease that iourney.



Reg

Day to day Reg is a production makina is also trained in Reiki and hands on assisting for yoga. Reg will be on hand throughout the retreat providing tech business and health. support, percussion and smiles!



Catherine Monahan

Catherine is a Energist and certified teacher of Intergrative festivals and events look Quantum Medicine. Through this and sound their best. He practice she can balance your brain hemispheres to encourage faster manifestation allowing positive change in life, love,

> Contact by whatsapp on: +44 7578 167776



Rachel Allman

Passionate zumba instructor for Jo Youle created JoGa Beats over 14 years. Reaching out with my love for dance and music and bringing smiles to everyone who She fuses her love for music with dances with me



Jo Youle

after more than a decade as a music journalist in London. breath and movement through a flow yoga sequencing that massages the fascial trains of the body through a non linear choreography.



Jono Aloia

Founder of BreatheStudio.tv. We all need Jono in our lives. He brings energy to everything he does. He inspires others by his beautiful attitude, facing every challenge with a smile and amazina work ethic. You will find Jono fixing everything at the retreat.



Alice Martin

Alice is a yoga instructor teachina Vinyasa style power yoga, Yin and some meditation. She is also a latin and ballroom dancer that teaches partner



Nico Andonakis

Nico is a men's coach. He guides Emilia is a Holistic Nutritional men on how to become their optimal selves through personal coaching.



Emilia Skrzypek

Therapist and Flow Dance Meditation Facilitator, passionate about helping you nourish, heal and thrive.



Joelle & Sascha

Joëlle is a singer/songwriter, psychic and energy worker. She combine energy work with my voice and own oracle deck. I Sascha.



Caitlin Smith

Caitlin is a love & relationship coach who helps people get happy, healthy relationships, with themselves and others, to feel more connected to their can do this alone in a session or Creating a world where single voice. together with my partner in crime is empowering, dating is hopeful and fun and love is committed and healthy!



Hayley Jackson

Hayley is a shining star. Offering singing classes for Adults and/or Young People, she helps people



Hercules

Hercules has grown up with YogaFit: being a year old at our first retreat. He is Lindsay's son and voaa auru teachina her love, patience and Bhakti yoga.



Rory Oliver-Davis

Co-Founder of K&R Productions and Assistant Photographer. Rory loves being on both sides of the camera and brings his magical energy to everything he does. You'll find Rory helping out and dancing all over the retreat. Get ready to smile!



Mitch Oliver-Davis

Child Mentor, Mitchell has an old soul and, a quick wit and kindness is his superpower. You'll find Mitch on stage and all over the retreat bringing sunshine and love wherever he aces.



13.00 - 14.30	LUNCH		
14.30 - 15.00	Opening Circle & Intention Setting Lindsay & Team Main Stage		
15.00 - 16.00	Opening Class Lindsay & Team Main Stage		
16.00 - 17.00	Welcome Gathering & Meet The Team Whole Dream Team Main Stage		
17.30 - 18.30	Yoga Basics Antonia Main Stage	Coastal Walk Lindsay, Lisa, Reg & Hayley	
18.30 - 21.30	DINNER		
20.30 - 21.30	Relax & Restore: Candlelight Yoga Sharnelle & Joe Studio 1	**Silent Disco Le Strut** Charlotte Teatro	
22.00 - 22.30	Bedtime Meditation Lisa Studio 1		



07:45 - 08.45	Sunrise Yoga with Live DJ Lindsay, Sara & Nathan Marina				oata bby Studio 1	
08:00 - 10.30		BREAKFAST				
10:30 - 11:30		SON	MA Breathwork Morning Gathe Niraj & Team Main Stage	ring		
12:00 - 13:00	F.I.T. Jam Faye Edwards Main Stage Let Go Yoga Flow Sharnelle Beach			Pilc Rachel Holm	ates les Studio 1	
13:00 - 14:30	LUNCH					
14:30 - 15:30	Barefoot Walk Jessica Beach		Sound & Vision Joëlle Studio 1			
16:00 - 17:00	Shiva/Shakti Flow Lisa & Nuno Main Stage			Freestyle Yoga Yin Jayne & Mike Studio 1	Trek To Pou des Lleo Sara, Alice & Joe Hunt	
17:30 - 18:30	Zumba Body Combat Yoga Fo Siobhain & Team Main Stage Alex Teatro Joe Houze		r Anxiety Buddha Area	Sara, Alice & Joe Hunt Reception		
18:30 - 21:30	DINNER					
20:30 - 21:30	Find Your Voice / YogaFit Choir Hayley Studio 1 ShowDance: Austin Powers Charlotte Main Stage					
22.00 - 22.30	Sound Bath Bedtime Meditation Dymphi, Hayley & Reg Studio 1					



07:45 - 08.45	Sunrise Yoga Amy & Antonia Marina			Jym With Joe Joe Hunt Gym	
08:00 - 10.30			BREAKFAST		
10:30 - 11:30	Sambaddha Yoga & Morning Gathering Sara & Team Main Stage				
12:00 - 13:00	FLOW Dance Meditation Lindsay, Nathan & Team Marina Flow, Balance & Bind Mike Main Stage		Fitness Pilates Strong Rachel Holmes Buddha Area	Yoga Basics Amy & Alice Studio 1	Discovering The Power Of Frequency With Healy Jade Studio 2
13:00 - 14:30	LUNCH				
14:30 - 15:30	The Magic of Intuitive Vocal Music Dymphi Beach		Body Image & Self Confidence Sharnelle Buddha Area		
16:00 - 17:00	Dance Back In Time Rachel Main Stage	Body Balance Alex Beach	Men's Circle Nico, Javi, Nuno & Joe Houze	**Rope Flow** Jessica Beach	**Kayak Excursion**
17:30 - 18:30	Freestyle Yoga Flow Jayne Main Stage	Mind Body Conditioning Rachel Holmes Marina	Studio 1	Body Literacy Georgie Buddha Area	Beach
18:30 - 21:30	DINNER				
19:00 - 20:00	Yoga Flow Sharnelle & Joe Main Stage				
20:30 - 21:30	Yin Yoga & Sound Healing Sara, Reg & Hayley Studio 1 (Bring blankets & pillows)				artner Dance Hunt Marina
22.00 - 22.30	Bedtime Meditation & Reki Jason & Reg Studio 1				



07:45 - 08.45	Sunrise Yoga Nuno & Sharnelle Marina		Running Club Joe Hunt Reception		
08:00 - 10.30			BREAKFAST		
10:30 - 11:30		Quantam M	Healing Meditation & Morning C Melchior & Catherine & Team Main Stag	Sathering De	
12:00 - 13:00	Zumba Jason & Dance Team Main Stage		Fitness Pilates Mike Buddha Area	Barefoot Functional Alex Studio 1	Heal Toxic Dating Patterns Caitlin Studio 2
13:00 - 14:30	LUNCH				
14:30 - 15:30	Beach Meditation Joe Houze Beach		Living in Abundance Catherine Buddha Area		**Wim Hoff Method Ice Bath**
16:00 - 17:00	Playful Vinyasa Nuno Main Stage	Undersanding & Embodying	Viking Flow Jessica Beach	Aqua Zumba Jason Adult Pool	Suzanne Studio 2pm Start Time
17:30 - 18:30	Soulsa® Charlotte Main Stage	The 7 Types Of Love Alex & Lindsay Studio 1	F.I.T. Combat Faye Edwards Teatro	Yin Yoga Alice Buddha Area	Fitness Pilates Power HIIT Rachel Holmes The Terrace
18:30 - 21:30	DINNER				
19:00 - 20:00	Move, Breathe, Meditate, Elevate Magdalena Studio 1				
20:30 - 21:30	Yoga For Anxiety **FLOW Dance Meditation** Joe Houze Buddha Area **FLOW Dance Meditation** Lindsay, Nathan & Team Akasha				
22.00 - 22.30	Bedtime Meditation Mike & Jayne Studio 1				

07:45 - 08.45	Sunrise Freestyle Yoga Jayne & Mike Marina			HIIT The Beach Faye & Joe Hunt Beach	
08:00 - 10.30			BREAKFAST		
10:30 - 11:30		Void	ce Activation & Morning Gathe Dymphi & Team Main Stage	ring	
12:00 - 13:00	Ibiza Dance Fit Antonia, & Team Main Stage How To Find Balance On Your Plate Emilia Buddha Area		Fitness Pilates Flow Mike Buddha Area	*Mud Bath Treatment* James Beach	**Goddess Cave** Lindsay, Sara & Morgana Reception
13:00 - 14:30	LUNCH				
14:30 - 15:30	We Are The Frequency Cat Studio 1		Are You Addicted To Your Patterns? Georgie Buddha Area		ns?
16:00 - 17:00	Joga Beats Jo Youle Main Stage Core Fusion Rachel Holmes Buddha Area		Acro Yoga Lindsay, Nuno, Alex & Javi Marina	Facia Flow Jessica Studio 2	Positive Afirmations Rachel & Mitch The Terrace
17:30 - 18:30	Swagalicious Charlotte Main Stage	Managing The Menopuse Alex, Rachel Holmes & Morgana Studio 1	No Mum Is An Island Jade Studio 2	Meditation In Movement Jayne Buddha Area	Men's Circle Nico, Javi, Nuno & Joe Houze Beach
18:30 - 21:30	DINNER				
19:00 - 20:00	Yoga Flow Amy Studio 1				
20:30 - 21:30	Candlelight Bedtime Flow Mike & Hayley Studio 1 T.R.E. Lindsay & Emilia Studio 2				
22.00 - 22.30	Bedtime Meditation Nuno & Alice Studio 1				

07:45 - 08.45	Sunrise Yoga Lisa & Alice Marina		Hot Yoga Nuno Studio 2	F.I.T St Faye	
08:00 - 10.30	BREAKFAST				
10:30 - 11:30	Heart Opening Yoga & Morning Gathering Lisa & Team Main Stage				
12:00 - 13:00	FLOW Dance Meditation Lindsay Beach Antonia Studio		Fitness Pilates Rachel Buddha Area	Body Combat Alex Main Stage	How To Reprogramme The Subconcious Mind Rachel Davis Teatro
13:00 - 14:30	LUNCH				
14:30 - 15:30	Kirtan Music Meditation Nuno, Lindsay, Reg, Musicians & Team Marina			Gut F Alex Buc	
16:00 - 17:00	Yin Yang Barre Fitness Amy Main Stage Barre Fitness Jayne Studio 1 Rachel Davis Teatro			Alive & Aligned: A Journe Magdalena	
17:30 - 18:30	ShowDance: Six The Musical Playful Yoga **Rope Flow** Charlotte Main Stage Nuno Buddha Area Jessica Beach		Ovarian B Morgana and		
18:30 - 21:30	DINNER				
19:00 - 20:00	Yin Yoga & Sound Healing Sara, Reg & Hayley Studio (Bring blankets & pillows)				
20:30 - 21:30	Candlelight Kundalini Yoga Magdelena <i> Studio 1</i>				
22.00 - 23.00	Sound Bath Bedtime Meditation Experience Dymphi Studio 1				



07:45 - 08.45	Sunrise Yoga Joe Houze & Lisa Marina			oata Studio	
08:00 - 10.30		BREAKFAST			
10:30 - 11:30			Belly Dance & Mc Morgana & Tea		
12:00 - 13:00		Fitness Pilates Masterclass Rachel Main Stage	Inversions Lisa & Sara Teatro	Yoga Basics Joe Houze Buddha Area	Intro To Tantra James Studio 1
13:00 - 14:30	LUNCH			СН	
14:30 - 15:30	JOY	ShowDance: I'm Just Ken Charlotte Main Stage		*Mud Bath Treatment* James Beach	
16:00 - 17:00	FOR			Activate Your S Melchior	Super Conscious Studio 1
17:30 - 18:30	Exstatic Dance with DJ Lindsay, Morgana & Sara Marina				
18:30 - 21:30		DINNER			
20:30 - 21:30	Candlelight Yoga Jo Youle Studio 1			ne Cha Cha	
22.00 - 22.30		Bedtime Medit Sara Studio			ce Marina



07:45 - 08.45	Sunrise Kundalini Yoga Magdalena Marina	
08:00 - 10.30	BREAKFAST	
09.00 - 10.00	Buti Yoga Sara & Team Main Stage	Meditation & Cleansing Sea Dip Suzanne & Alex Beach
10.30 - 11.30	Release, Relax & Let Go - Closing Circle Lindsay & Team Main Stage	
12.00 - 14.00	Togetherness - Beach Time Lindsay & Team Main Stage	
13.00 - 14.30	LUNCH	



Finding Harmony & Balance Within The YogaFit Retreat Experience.

We invite you to observe your patterns around finding balance with the things that bring you joy and when they change from healthy into unhealthy tendencies. We want to empower you, so you feel past the social pressure to follow others. Empower you to listen to your body and create new healthy patterns that can last.

We've designed this retreat as a celebration of life and invite you to immerse yourself fully in that. Due to the large variety and offering, we would like to bring an awareness to helping you find balance. We are not here to control your choices, which is often a prevalent feature in a traditional retreat setting.

This is an incredible opportunity for us all to take radical responsibility over the very human patten of overindulgence and addiction. Awareness of self is the key to growth. Control takes away your opportunity for awareness, whereas freedom helps you to explore your own personal connection to self.

As a team, we have been made aware of the fact that this huge choice brings with it huge responsibly. If you are inclined to over indulged in anything from food and alcohol to screen time; or even perhaps are overly rigid with your 'health regime' with regards to your exercise and nutrition practices, we invite you to consciously inquire into the 'why'? This is the basis of all subconscious rewiring and in creating long term change. This is the foundation of doing the inner work. This is where our power lies.

We would love to support you in this process of self enquiry. Remember to approach the following questions with curiosity, compassion, and openness. Take the time to reflect on them and allow your intuition to guide you in uncovering meaningful insights and intentions for your Yogafit Retreat experience.



Here are some questions to support your process of self-enquiry & setting personal intentions for your time here at this Yogafit Retreat:

What are my motivations and desires for coming to this retreat?	How does control manifest in my life, particularly in relation to my choices around food, alcohol, screen time, exercise, and nutrition practices?
What areas of my life do I feel are imbalanced or out of harmony?	What inner work do I feel called to do during this retreat?
Are there any patterns of overindulgence or addictive behaviours that I would like to bring awareness to during this retreat?	How can I embrace the opportunity to celebrate life fully during this retreat and
	integrate the experiences into my daily life beyond the retreat setting?
What underlying emotions or experiences might be driving my tendencies towards overindulgence or rigidity?	
overmodigence of rigidity:	

NOTES

CLASS DESCRIPTIONS

Morning Gathering

Join the whole team for a daily catchup, and to welcome our new guests. Each class has a different wellness theme and is designed to be inclusive and accessible to everyone. Our intention is to make this class feel like a warm hug every day, we recommend that you join them all.

YOGA

Acro Yoga

Combining partner acrobatics with the holistic philosophy of yoga; building trust, friendship & communication in a really fun way.

Buti Yoga

A fusion of power yoga, tribal dance & plyometrics. This freedom of movement & breath allows you to let go by flowing to the music & releasing your inner warrior.

Candlelight Yoga

Complete your day with a calming & serene yoga & meditation session. You'll feel utterly relaxed & ready for deep slumber.

Core Energy Flow

In this class we will explore how to engage and stretch the core area by moving in a fluid way through different planes of movement whilst using our own body weight to fire up the abdominal area. We will also incorporate some elements of Pilates.

Flow, Balnace & Bind

Mikes passion is flow but when you combine balance in mid flow you will get a feeling of flying and a sense of freedom. Along side that we create stillness in binds which begins to maintain the structural integrity of the poses.

FUNdamentals Of Balance

A fun & playful, slightly challenging class which introduces balancing postures on feet & hands.

Freestyle Yoga

Both challenging & exhilarating, this method of yoga is designed to improve your practice, allowing you to achieve your potential.

Hot Yoga

For this practice our yoga room is heated to allow for a deeper release and to avoid injury. Experience the therapeutic effect of postures of hatha yoga to improve balance, stability and flexibility. The practice will start and finish with pranayama techniques.

Inversions

Change your perspective, challenge your balance & get inverted with a smile.

Kirtan Yoga

Kirtans are all about coming together and community. We sing mantras, to transcend the mind and bring us home to the joy in our hearts. Kirtan Yoga is for all people. In this type of yoga, there are no masters, as the practice itself is the teacher, guiding us home to ourselves.

Ladder Power Flow

Prepare to work hard, laugh & maybe wobble a little! This fun class takes a strong sequence & layers it, culminating in one breath, one movement.

Let Go Yoga Flow

Nothing in life is permanent, this yoga practice sets an intention of helping us to move with the ever changing world we live in & to let go of what doesn't serve us.

Making Space For You

distance.

Flow with Sally and join her on this flowing journey of breath linked with yoga asana. Placing an emphasis on making physical space via a selection of lying, seated and standing yoga postures, which will help to lengthen the spine, open the hips and free up the shoulder area. Our sole aim will be to lighten the body and therefore the mind.

Move, Breathe, Meditate, Elevate

Reset your energy, calm the mind and raise your vibration using Kundalini yoga, breathwork and meditation... designed to leave you feeling connected, present and full of life.

Nature Flow

Moving our bodies to the sounds of the waves, while connecting our practice with the beauty of nature that surrounds us.

Playful Vinyasa

Integrating breath and movement through a flow of postures. Expect challenging and fun transitions witnessing some resistance to discomfort to and for growth and lifting off into some arm balances. An expansive, heart-clearing and strengthening flow.

Power Yoga

A powerful vinyasa flow class. Get ready to feel energised & sweaty.

Sambaddha Yoga

A practice of yin, mandala vinyasa, dance, breathwork & affirmation.
Sanskrit for connection.

Sunrise Yoga

Wake up & flow in our beautiful outdoor studio overlooking the sea, as the sun rises over the horizon.

Sound & Vision

It's a session of on hour where people lay on a math and the only thing they have to do is: receive. We will guide them in a visualization, I will use sound/my voice, I will do some light energy work & at the end they can pull a card from the card circle of our own card deck

Stong & Stable Glutes

This Vinyasa class looks at the biggest stabilisers in the body...the glutes! From stabilising the pelvis to powering our balancing poses, these are the biggest muscles in the body for a reason. Get ready to feel the burn!

Yin Yoga

A slow paced style of yoga. Holding asanas for longer periods of time than other styles, targeting the deepest tissues of the body. (Bring blankets and pillows to support the body)

Yin/Yana Yoga

Starting off by warming up the body through some gentle backbends before heating things up in a dynamic yang flow.

Yoga Basics

We'll work on breath control, yoga poses and meditation. All levels welcome.

Yoga For Anxiety

In this workshop Joe will introduce you to the very best yogo, breathwork and mindfulness techniques proven to calm anxiety, stress and panic.

Yoga To Music

A simple practice accessible to everybody with vinyasa sequences that focus on syncronising our movement with our breath to hits we love.

HOLISTIC

Barre Fitness

A fusion of ballet, functional fitness and yoga which tones and sculpts muscles while focusing on alignment, form, flexibility and posture.

Body Balance

A powerful & beautiful flow incorporating yoga & tai chi principles to strength the body & still the mind.

Fitness Pilates

A modern progressive & functional class that addresses the weakest areas of the body creating balance & harmony.

Meditation In Movement

The synchronisation of breath, focus & physical practice can bring you meditative results.

Pilates

A modern progressive and functional class that addresses the weakest areas of the body creating balance and harmony.

Release Me

This class is led by the whole team, with simple dance, yoga, meditation. Let go and release all your tensions and stresses, preparing you physically and mentally for the retreat ahead.

Release, Relax & Let Go

Exactly as it sounds, the perfect end to the retreat. Our signature sign-off closing class.

Rope Flow Limited Spaces

Enjoy a new concept of movement and experience the outdoors with a unique approach: learn to move seamlessly with low-impact rope training and get lost in your flow. Move, juggle & find your flow immersed in nature and music.

CLASS DESCRIPTIONS



The Awakening Breathwork Journey SOMA Awakening journeys combine the Ancient wisdom of Pranayama with modern day science. It is a multi sensory meditation experience that can awaken dormant parts of your brain, improve circulation, promote physical and emotional healing, and help to manifest your intentions by raising your emotional state and connecting with your higher self.

FITNESS

Ab Fab

Feel fab with Libby in this abtastic workout.

Body Combat

High energy martial arts combined with music to give you an unbeatable workout.

Core Fusion

Your abs will thank you later.

HIIT The Beach

A fast-paced class for all abilities. Aimed to increase your metabolism to help your body burn fat for up to 24 hours after exercising.

Mind Body Conditioning

This fitness will help us clear our minds as we work up a sweat to a fab playlist.

ELT Combat

A high energy cardio class inspired by combat style moves where you will learn a combination of strikes that will leave you feeling empowered!

F.I.T Strength

A strength and conditioning

programme using dumbbells or kettlebells delivered in supersets to build muscular strength and endurance using the beat of the music to work time under tension

Functional Training

Build the strength and power you need to take on the struggles of everyday life with this functional fitness training session.

Fitness Pilates Power HIIT

A combination of High Intensity Interval Training (HIIT) and Fitness Pilates. The combination of switching from HIIT to low intensity makes for a dynamic workout.

Jym With Joe

Good vibes fitness class. Joe will get you sweating!

Running Club

5/6k run in different interval lenaths.

Tabata

This high intensity interval training class will have us burning calories for hours after the class. Be prepared to sweat!

Viking Flow

A deeply grounding class, blending natural movement, functional conditioning, mobility and stretching focused on the hips, shoulders and core. A playful exchange of FIRE and WATER to balance your strength and fluidity.

DANCE

Aqua Zumba

Bring the party to the pool! Shimmy, shake and get moving with Jason. You will be smiling and lauching through this fab fitness class.

Cha Cha Partner Dance

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(No partner required) Come along and have some laughs learning the basic steps of cha cha. Making new friends and finishing off with a fun routine!

Dance back in Time

Dance fitness to songs through 70s 80s 90s and current

Exstatic Dance

Abandon yourself to the rhythm and let the music guide you. This is a judgement free zone.

ELT Jam

A fun confidence boosting, high energy dance fitness concept where you will learn easy to follow routines that are broken-down step by step. This session is an interactive judgement free space that welcomes all levels and abilities especially beginners.

FLOII: Dance Meditation

Explore meditation in a dynamic fun new way. We invite you to let our music & words guide you on a journey that can CONNECT you more deeply with yourself. MOVE & shift your energy, so you can RELEASE what isn't serving you & find your own unique FLOW.

Ibiza Dance Fitness / Zumba

A fun, fresh and exhilarating Ibiza dance party in the sunshine; feel the music and move your body.

Silent Disco Le Strut

This is a free class, but limited number so you need to book at the desk.

A fully immersive and interactive tour around the resort! Super social, playful, and euphoric! Laughter and singing highly encouraged!

ShowDance

Let the fun begin as Charlotte teaches us an easy to learn dance choreography to some of our favourite show numbers. Six The Musical - Sassy and theatrical - about Henry VIII's wives!

Austin Powers - Bring out the comedy and Iol! Who wants to be Austin? I have the outfit!

Swagalicious

The Showdance Fitness Craze.
Fearlessly flamboyant Fitness! This is brand new, theatrical fabulous and makes you feel like a (sweaty) star!
Easy to follow and fabulous to do!

Soulsa®

A feel good dance fitness workout! Using light up tambourines to bring a smile to your face! Fun dance fitness for everyone, using music from 80's, classic hits, Caribbean, pop and more!

WALKS

Barefoot Walk

Experience a sensory barefoot trail to awaken your proprioceptive senses and explore your natural gait. The trail will teach you all about the benefits of barefoot training and unleash the natural powers of your feet!

Beach Walk Meditation

This guided walking meditation teaches, empowers & energises.

Sunrise Beach Walk | Coastal Walk

A relaxing walk along the beach is one of the best ways to start your day.

Trek to Pou des Lleo

This trek through the Ibizan countryside & along red cliffs takes you to one of our favourite spots on the island.

EXCURSIONS

Goddess Cave

Ibiza is an island steeped in myths, magic and legends, and perhaps none so prevalent as the ancient tale of the Goddess Tanit, who, for centuries has been celebrated as the Goddess of Ibiza. A visit to Tanit's cave is a popular choice on our retreats, with so many feeling an almost inexplicable connection to the island and her femininity, so, should you wish to discover more about Tanit, and unleash your inner warrior woman, then visit YogaFit desk to reserve your space.

Kayaking

A kayaking trip with Kayak Ibiza, exploring & seeing the Ibiza shoreline from another perspective.

WORKSHOPS

Asana Clinic

Refine your practice & take time to look at some of the asanas in this interactive workshop. We'll focus on breaking down each asana & assisting each other. Guaranteed 'ah ha' moments.

Activate Your Super Conscious

Our subconscious mind is more powerful than we realise. It can control many things in our life. Understanding more about our subconscious and learning ways to nurture it can help us improve our lives and make it more fulfilling.

Facia Flow

Unleash the freedom locked in your connective tissues, the fascial system. We invite you to an internal journey to enhance body awareness.

CLASS DESCRIPTIONS



Bringing men together to share their deepest truths with other men.

Mud Bath Treatment

Utilising breath, movement and mineral rich virgin mud we will call on Mother Nature's gifts to help us release what's not serving us. Ever tried a clay mask? Imagine that for your whole body!

So c'mon, release your inner child and IFTS GFT MUDDY!!

Positive Affirmations

Rachel and Mitch lead us through creating positive affirmations to help us create the life we want to live and teach us that our words have power.

SOMA Breathwork

The simple technique of rhythmic breathing can become the most efficient & effective way to connect with your inner pharmacy and cultivate states of peace & presence.

T.R.E. (Trauma Release Exercises)
An innovative series of exercises that help the body release deep muscular patterns of stress, tension & trauma. Followed by the opportunity to share and listen as community.

We Are The Frquency

When we are vibrating love, joy and abundance, we are attracting things that support that frequency. Our vibrational state is our contribution to the collective. Let's tune into the energy we want to have more of in our lives and radiate that out into the world.

Wim Hof Method Ice Bath

Discover each of the three pillars underlying the Wim Hof method & the benefits it can offer your health & mental wellbeing.

MEDITATION

Bedtime | Soundbath Meditation

Let us help you get some serious shut-eye with this soothing guided meditation.

Bedtime Meditation Yoga Nidra

A guided meditation that will help you release physical, emotional and mental tension. Yoga Nidra promotes a more restful and deeply recharging good night sleep.

Meditation In Movement

The synchronisation of breath, focus & physical practice can bring you meditative results.

TALKS

Are You Addicted To Your Patterns?

Creating a beautiful life can be a choice made in moment to moment but our subconscious addiction to our behaviours, patterns and disappointment can mean that we are unknowingly relinquishing control of our own outcomes.

Heal Toxic Dating Patterns

A specific workshop for those who tend to attract emotionally unavailable men and want to heal any toxic patterns that are keeping them stuck!

Body Literacy

We are in an endemic of disconnection and your relationship to others, your work, your phone is all indicative of your relationship to yourself and therefore your health. Your symptoms are signs of disconnect, come and learn to interpret those signs and what your body is telling you about every area of your life.

Clarity In Decision Making

How to reach perfect clarity on tough decisions now. Clarity State is the state of being; physically relaxed, emotionally positive, charged with power, success, self-confidence while being present and mentally focused on the task at hand.

Heal Through Joy

Learn how to become disciplined with disappointment and allow your body to heal through joyful eating, connecting.

How To Find Balance On Your Plate

Emilia talks about choice within the our diet, this talk will help you understand what holistic nutrition looks like & how it can help to heal your body & mind.

Discovering The Power Of Frequency With Healy

The Healy is a powerful tool that provides microcurrent frequencies uniquely tailored to your individual health needs. FDA approved for pain, it can also be used to help manage depression, anxiety, sleep issues and more.

How To Reprogramme The Subconcious Mind

95% of all our behaviour happens subconsciously, based on the beliefs we form in early childhood. Learn how to break into the mainframe, elevate your personal frequency, rewrite your story and claim the life you desire. Journal and pens required.

Managing The Menopause

Symptoms, triggers, and misconceptions. Coping tools and strategies while at work and home life.

No Mum Is Island - The Importance Of Making Time For Me

"We can't expect our children to grow up thinking mothers have value, unless we actively occupy that value ourselves." Explore this topic and learn how to start to make time for you.

Positive Afirmations

An introduction to archetypes and how language and self definition affects your thoughts, feelings and ultimately your behaviour. Journals and pens required.

Raising Wholehearted Children

Conscious parenting talk based around Rachel's TEDx Talk. She covers how beliefs form during the first 7 years and the science behind the use of music to parent with your child's wellbeing at heart.

Body Image & Self-Confidence

Start creating a more positive relationship with your body – one that is built on self-love and appreciation. It's time to stop the war with yourself and instead learn to love and accept yourself just the way you are.

The Art of intentional Parenting

Understand the power of intention, gain clarity on the kind of parent you really want to be, then create your own compass and family mantra to live by. Journals and pens required.

FREE THINKING - Fun fact. Did you know that 'Wu' refers to a shaman' sorceress in chinese folklore? Why wouldn't you wanna be a bit WuWu? is our question. To assist you with that endeavour these classes are here!

Discover Tantra

An exploration into the self, allowing you to connect to your own energy for both individuals and couples. Based on the premise that we must gain awareness of our true selves before we can be in union with others.

You will learn about the history of tantra followed by dynamic movement exercises

Totally inclusive, fully-clothed and safe.

Undersanding & Embodying The 7 Types Of Love

The ancient Greeks were far more sophisticated in the way that they talked about love, recognising at least seven different varieties. By mapping out the extent to which all seven loves are present in your life, you might discover you've got a lot more love than you had ever imagined. Learn about these different types of love and embody them with Alex and Lindsay.

Ovarian BreathWork

A prayer to create new realities. This is an ancient and powerful technique of alchemy, breathing and meditation to make us aware that we are a miracle incarnate and that a sacred marriage dwells within us.

VOICE WORK

Find your voice

A vocal workshop, singing together in unison and in harmony

The Magic of Intuitive Vocal Music

In this group session we warm up the body and voice and then we go on a journey trough the body with our voice to explore our voice and sounds. We create intuitive music with our voices from our soul and intuition!





GODDESS CAVE

lbiza is an island steeped in myths, magic and legends, and perhaps none so prevalent as the ancient tale of the Goddess Tanit, who, for centuries has been celebrated as the Goddess of lbiza, a warrior woman who represents fertility, dance & creation of life. Also known as a guardian of womankind and all things feminine, her presence is felt by many women who travel here to seek solace, soothe troubled souls and find peace and guidance on this magical island, as so many before them have done.

Tanit's image can be found in many places across the island, from private pieces of art adorning the walls of hotels and villas, to ancient carvings to be discovered in mystical places such as Atlantis, Es Vedra and most of all, in the historical cave hidden deep into the rocks on the road to the beautiful bay of Cala San Vicente, where settlers created a temple for their Goddess Tanit many thousands of years ago.

This spectacular cave, to be found nestled high above the picturesque village, is some 150 metres high and was discovered in 1907, by the Archaeological Society of Ibiza, who unearthed over 600 carvings, stautues and other commemorations to this empowering Goddess. The official name of the cave is the Cova d'es Cuieram, and legend has it that this sacred space has been inhabited since many thousands of years ago, when much of the island's tiny population worshipped the goddess Tanit as their deity.

A visit to Tanit's cave is a popular choice on our retreats, with so many women feeling an almost inexplicable connection to the island and her femininity.



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Set Yourself Free

When meditation meets the dance floor...

Flow dance meditation is an unchoreographed, free-moving meditation practice, which encourages self-expression and discovery.

It allows you to explore and express how you feel through movement.

You don't have to learn any steps and there's no pressure to perform, which makes it easier to relax and for your body and mind to get into a state of flow.

This therapeutic practice has been proven to:

- ·Increase happiness
- ·Improve emotional regulation
- ·Be grounded in the body
- ·Release anxiety and depression
- ·Heighten intrinsic motivation
- ·Boost creativity
- ·Boost feelings of gratitude
- ·Improve levels of confidence

Time to Invest in Yourself, Become a Flow Dance Meditation instructor!

Join us in Ibiza for a 3 day training before the retreat 18-20 October 2023 Venue: Invisa Cala Blanca

For more information and to book please visit: FlowDanceMeditation.com

